

## NATIONAL CURRICULUM: PHYSICAL EDUCATION

The Key Stage statements of 'what children should achieve' at each Key Stage are shown in **black**. Reference to 'what pupils are taught' is shown in **red**.

	<b>Purpose of Study Aims (italics)</b>	<b>Key Stage 1</b>	<b>Key Stage 2</b>
<b>Movement</b>	<i>Develop competence to excel in a broad range of physical activities</i>	Develop fundamental movement skills, becoming increasingly confident and competent  Master basic movements such as running, jumping, throwing and catching.	Continue to apply and develop a broader range of skills  Use running, jumping, throwing and catching in isolation and in combination.
<b>Using skills, techniques</b>		Access a broad range of opportunities to extend their agility, balance and coordination.  Developing balance, agility and coordination.	Learn how to use (skills) them in different ways and to link them to make actions and sequences of movement.  Develop flexibility, strength, technique, control and balance e.g. through athletics and gymnastics.
<b>Range of activities application</b>		Begin to apply basic movements in a range of activities.	..... and in combination.
<b>Dance</b>		Perform dances using simple movement Patterns.	Perform dances using a range of movement patterns.
<b>Cooperation (social)</b>	<i>Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.</i>	(work) individually and with others. Engage in cooperative physical activities.	(enjoy) communicating, collaborating with each other.  ...and within a team.
<b>Competition</b>	<i>A high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport... Engage in competitive sports and activities</i>	Engage in competitive physical activities (both against self and against others).	(enjoy) competing with each other.
<b>Games</b>		Participate in team games.	Play competitive games, modified where appropriate.

<b>Tactics</b> <b>Attack/defend</b>		Developing simple tactics for attacking and defending.	Apply basic principles suitable for attacking and defending
	<b>Purpose of Study Aims (italics)</b>	<b>Key Stage 1</b>	<b>Key Stage 2</b>
<b>Challenge</b>	<i>....succeed and excel (in competitive sport) and other physically demanding activities</i>	Range of increasingly challenging situations	Develop an understanding of how to improve in different physical activities and sports.  Take part in OAA challenges both individually and within a team.
<b>Analysis and evaluation</b>			Learn how to evaluate and recognise their own success.  Compare their performances with previous ones and demonstrate improvement to achieve their personal Best.
<b>Preparation for life and participation</b>	<i>It should provide opportunities for pupils to become physically confident in a way, which supports their health and fitness.</i>	Access a broad range of opportunities.	
<b>Health and fitness</b>	<i>Are physically active for sustained periods of time.</i>  <i>Lead healthy, active lives</i>		
<b>Swimming</b>			Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively e.g. front crawl, backstroke, breaststroke Perform safe selfrescue in different water-based situations